

Composition Analysis for Sprouts											
Sample	Alfalfa/ Garlic flax	Soya beans	Health Blend ** Flax	Canola /Flax	Clover /Flax	Alafalfa/ Flax	Alfalfa	Canola	Flax 1 day old	Red Clover	Flax 3 day old
Moisture (% w/w)	90.1	65.2	85.5	90.8	90.2	91.6	90	90	91	90	ND
Total Fat (% w/w)	1.0	5.3	2.1	1.3	0.7	0.8	1.0	ND	ND	1.0	ND
Saturated Fat (%w/w)	0.1	0.6	0.3	0.1	0.1	0.1	0	ND	ND	0	ND
Protein (% w/w)	4.4	13.7	5.6	2.5	4.6	3.8	3.5	ND	ND	3.5	ND
Total Carb. (%w/w)	4.3	14.3	6.1	4.9	4.1	3.4	4.0	ND	ND	1.0	ND
Energy (Kcal)	43	160	66	41	41	36	25	ND	ND	25	ND
Na (ug/100g)	0.9	3.9	4.6	1.6	3.2	3.0	5.0	ND	ND	0	ND
Ca (ug/100g)	4.3	7.2	6.2	5.6	4.7	4.3	2%	ND	ND	2%	ND
K (ug/100g)	9.0	46.1	13.8	8.7	9.9	8.5	ND	ND	ND	ND	ND
Fe (ug/100g)	0.3	0.2	0.2	0.1	0.3	0.2	4%	ND	ND	4%	ND
Sugars	0.2	0.6	0.9	0.7	0.1	0.1	0	ND	ND	0	ND
Vitamin A (ug/100g)	4.0	ND	ND	2.7	4.8	3.0	2%	ND	ND	2%	ND
Vitamin C (mg/100g)	1.17	ND	4.31	ND	ND	ND	10%	ND	ND	10%	ND
Vitamin E (ug/100g)	<0.05	0.47	0.28	1.59	0.09	0.84	ND	ND	ND	ND	ND
Alpha Linolenic Acid g/100g	0.60	0.29	0.64	1.21	0.4	0.63	0.33	0.64	0.73	0.06	0.37
Saturated g/100g	0.16	0.82	0.21	0.38	0.13	0.16	0.15	0.35	0.22	0.10	0.10
Monosaturated g/100g	0.19	1.32	0.71	1.05	0.17	0.19	0.13	4.31	0.25	0.08	0.11
Polysaturated g/100g	1.00	2.86	1.04	1.79	0.66	1.0	0.72	1.47	1.02	0.25	0.58
Total Lipid g/100g	1.35	5.00	1.97	3.13	0.97	1.35	1.00	6.13	1.49	0.43	0.80
Omega 3 g/100g	0.63	0.29	0.64	1.21	0.4	0.63	0.33	0.64	0.73	0.06	0.37
Omega 6 g/100g	0.37	2.57	0.40	0.58	0.27	0.37	0.39	0.82	0.33	0.20	0.21

** Contains red clover, fenugreek, broccoli or canola, daikon radish and mustard

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FIG. 1

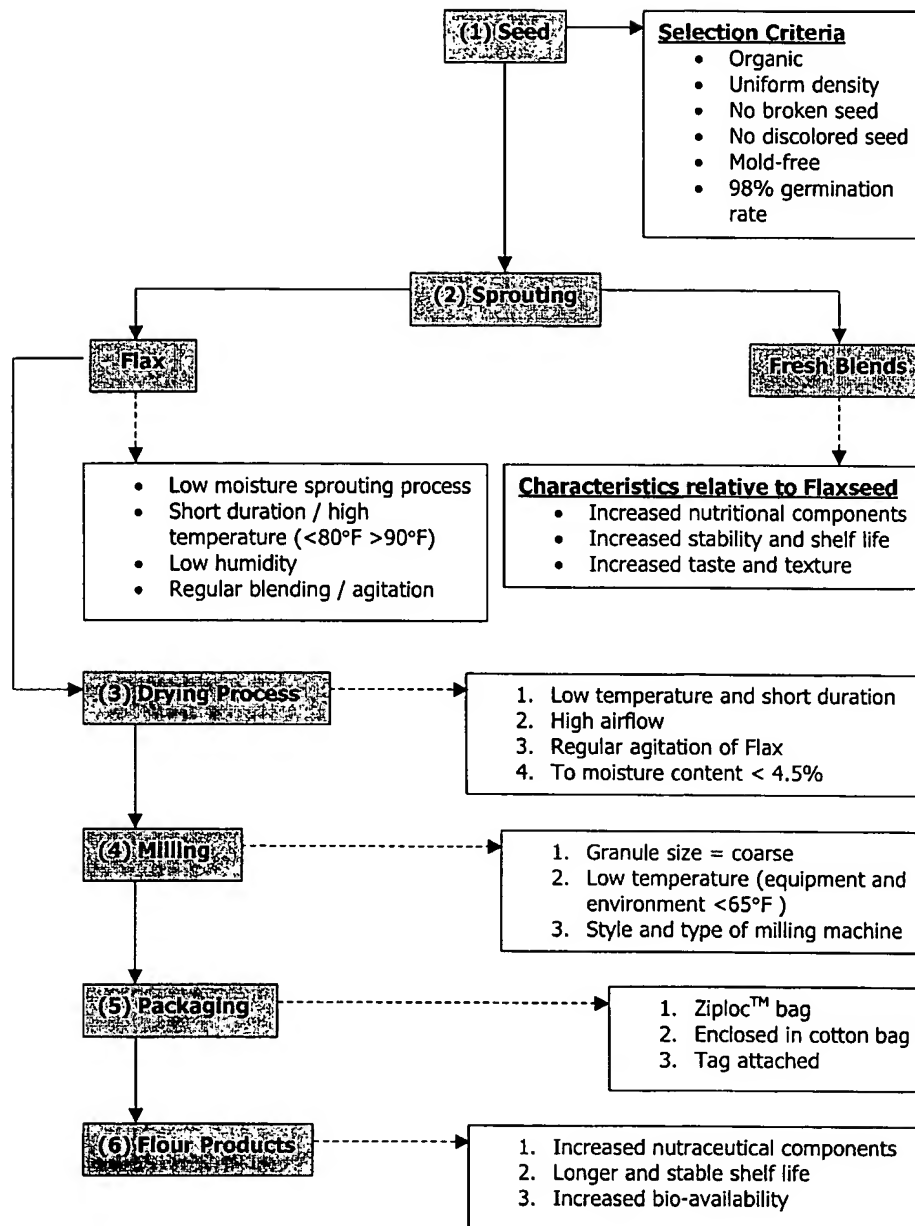


FIG. 2

SPROUTED FLAX POWDER PROFILE (COSC Inc.)		
	in 100 g	in 10 g
volumetric weight,g/cm3	0.55	0.55
moisture content,%	4.2	4.2
proteins,g	20.4	2
carbohydrates,g	35.4	3.5
calories	510	51
KJ	2130	213
ash,g	6.2	0.6
fat,g	33.8	3.4
polyunsaturated fatty acids,g	23.3	2.3
monounsaturated fatty acids,g	6.1	0.6
saturated fatty acids,g	2.9	0.3
trans fatty acids,g	0.1	0.1
linoleic acid,g	4.9	0.5
cholesterol,mg	0	0
total sugars,g	4.1	0.4
fructose,g	0.5	0.05
glucose,g	0.1	0.01
sucrose,g	3.1	0.3
maltose,g	0.4	0.04
lactose,g	0.4	0.04
total dietary fibre,g	20.2	2
insoluble dietary fibre,g	11.8	1.2
soluble dietary fibre,g	8.4	0.8
phosphorus,mg	580	58
potassium,mg	874	87.4
sodium,mg	50.3	5
calcium,mg	223	22.3
iron,mg	6.73	0.7
vitamin A(retinol),RE	3	0.3
vitamin B1, (thiamine),mg	0.44	0.04
vitamin B2(riboflavin),mg	0.39	0.04
vitamin B3(niacin),mg	3.79	0.4
vitamin B5(pantothenic acid),mg	0.63	0.06
vitamin B6(pyridoxine),mg	0.784	0.08
vitamin B12(cobalamin),mg	0.12	0.012
vitamin C(ascorbic acid),mg	23.7	2.4
vitamin D,IU	20	2
vitamin E(tocopherol),mg	4.69	0.5
vitamin K(vitamin K1),mg	5	0.5
choline,mg	88.2	8.8
beta-carotene,mcg	18.8	1.9
biotin,mcg	33	3.3
folic acid,mg	0.4	0.04
lignans,g	1.26	0.1
peroxide value,%	0.05	0.05
alanine,g	1.13	0.1
arginine,g	2.04	0.2
asparagine,g	2.08	0.2

FIG. 3

BERRY /FLAX POWDERS PROFILE(COSC Inc.)

In 100 g

of:

	Blueberry powder	Blueberry: Flax :flax=1:3 powder	Cranberry: Cranberry :flax=1:3 powder		
	10	6	5	6	10
moisture content,g					
calories	304	472	528	483	348
protein,g	3.5	16	20	16	2.9
carbohydrates,g	76.1	53	35	45	57.6
sugars,g	64	19	4	4	3.5
total fat,g	1.76	28.5	34	28.5	1.6
saturated,g	0.25	2.01	2.9	1.98	0.12
polyunsaturated,g	1.3	18.5	24	18.2	0.83
monounsaturated,g	0.43	4.68	6.1	4.63	0.2
cholesterol,g	0	0	0	0	0
dietary fibre,g	19.3	220	20	20	20.2
soluble fibre,g	12.1	9	8	6	-
insoluble fibre,g	14.4	13	12	9	-
ash,g	1.46	5	6	4.5	-
potassium,mg	410	756	874	654	792
calcium,mg	58.5	162	223	169	86.4
magnesium,mg	35.1	332	431	323	-
phosphorus,mg	73.8	485	622	486	78.3
iron,mg	1.4	4	5	5	4.32
copper,mg	0.4	0.8	1	0.8	-
zincum,mg	0.8	4	5	3.5	-
manganese,mg	2.3	3.5	3	2	-
sodium,mg	1.5	36	50	42	16
vitamin A,IU	339	80	-	80	316.8
vitamin A,RE	59	17	3	2.5	-
vitamin C,mg	53	31	24	45	108
beta-carotene,mg	0.23	0.07	0.02	0.01	-
vitamin B1	0.2	0.38	0.44	0.36	0.22
vitamin B2,mg	0.28	0.36	0.39	0.33	0.14
vitamin B3,mg	1.77	3.29	3.79	0.9	-
vitamin B5,mg	0.79	0.67	0.63	0.18	-
vitamin B6,mg	0.37	0.68	0.78	0.19	-
folic acid,mg	0.03	0.3	0.4	0.1	-
vitamin E,mg	5.65	5	4.69	1.1	-
lignane,mg	-	975	1310	975	-

FIG. 4

Amino Acid Profile of Flaxseed and Sprouted Flax Powder

	g/100g protein			
	Flaxseed (Brown)	Flaxseed Dry Weight	Sprouted Flax	Flax Powder Dry Weight
Alanine	4.4	4.66	5.65	5.89
Arginine	9.2	8.75	10.2	10.61
Aspartic Acid	9.3	9.86	10.4	10.82
Cysteine	1.1	1.17	1.75	1.82
Glutamine	19.6	20.77	20.9	21.74
Glycine	5.8	6.15	5.85	6.19
Histidine	2.2	2.33	2.6	2.7
Isoleucine	4	4.24	4.8	4.99
Leucine	5.8	6.15	6.6	6.98
Lysine	4	4.24	4.6	4.78
Methionine	1.5	1.59	1.9	1.98
Phenylalanine	4.6	4.88	5.25	5.46
Proline	3.5	3.71	4.9	5.1
Serine	4.5	4.77	5.6	5.82
Threonine	3.6	3.82	4.05	4.21
Tryptophan	1.8	1.59	1.3	1.35
Tyrosine	2.3	2.44	2.7	2.81
Valine	4.6	4.88	5.7	5.93

FIG. 5

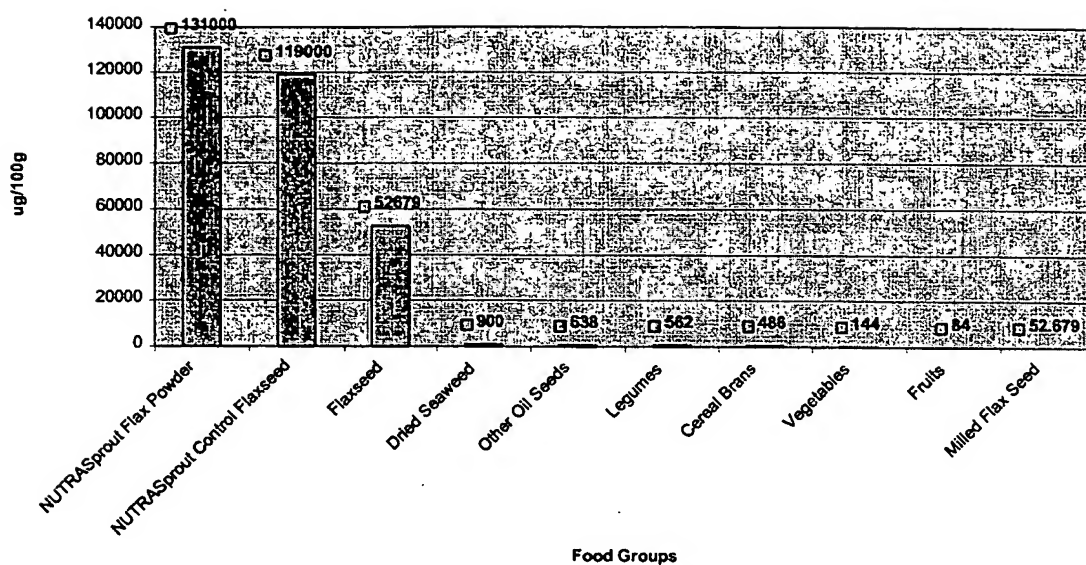


FIG. 6